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Foods for Good Nutrition

Does your child eat them every day?

Milk—At least a pint; preferably a quart

Butter—At every meal

Cereal, Bread, or Potato—At every meal

Vegetables—Other than potato—At least two daily
One raw or quickly cooked; leafy kinds often

Fruits—Once or twice a day
Citrus or other raw fruit, or tomatoes, daily

Egg or Meat—The older child may have both

Sweets—In small amounts at end of meal



CHILD-FEEDING CHART 8

Bureau of Home Economics

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